



Standards & Assessment

PFT Notes

California Department of Education

Jack O'Connell, State Superintendent of Public Instruction

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Corrections to the 2006 Physical Fitness Test (PFT) Results

As mentioned in the December 2006 PFT Notes, the corrected 2006 PFT results were posted to DataQuest as of January 31, 2007. These results are accessible on the California Department of Education (CDE) Web site at <http://data1.cde.ca.gov/dataquest/>.

2006–07 Testing Window

The 2006–07 PFT testing window begins on February 1, 2007, and ends on May 31, 2007.

New Contractor

Educational Data Systems, Inc. (EDS) is the successful bidder for the PFT 2007–2010 contract. Further data collection instructions will be forthcoming from EDS and the CDE.

FITNESSGRAM® Standards for Healthy Fitness Zone

The standards posted on the PFT Web site incorrectly included walk standards for both boys and girls ages ten to twelve. The walk test can be administered only to boys and girls ages thirteen and over. The corrected information was posted on the PFT Web site on January 31, 2007.

Questions and Answers

Questions and answers regarding the *FITNESSGRAM®*, physical fitness exemptions, and changes to these exemptions due to Senate Bill (SB) 78 (effective July 1, 2007) are on the next two pages.

More Information...

Questions regarding the PFT should be directed to Carrie Strong-Thompson at (916) 319-0341 or by e-mail at PFT@cde.ca.gov.



Questions and Answers Regarding the *FITNESSGRAM®*, Physical Fitness Exemptions, and Changes to These Exemptions Due to Senate Bill (SB) 78 (Effective July 1, 2007)

What is the *FITNESSGRAM®*?

The State Board of Education designated the *FITNESSGRAM®* as the Physical Fitness Test (PFT) for students in California public schools. The *FITNESSGRAM®* is a comprehensive, health-related physical fitness battery developed by the Cooper Institute. The primary goal of the *FITNESSGRAM®* is to assist students in establishing lifetime habits of regular physical activity.

What are the standards for each fitness area?

The *FITNESSGRAM®* uses criterion-referenced standards to evaluate performance for each fitness area (e.g., body composition, abdominal strength, and endurance). The Cooper Institute established the standards using current research and expert opinions. These standards represent a level of fitness that offer some protection against the diseases associated with physical inactivity.

What are the high school graduation physical education course requirements?

All students are required, in order to be eligible to graduate from high school, to take two years of physical education, unless the District grants an exemption (*Education Code* Section 51225.3[a][1][F]).

What current exemptions are available to school districts under existing law (until June 30, 2007)?

- 1) **Temporary:** Pupils, who are either ill, injured, or enrolled for one-half or less of the work normally required for full-time pupils, are eligible for a temporary exemption (*Education Code* Section 51241[a][1][2]).
- 2) **Two Year:** A District may exempt a pupil for up to two years during grades 10 to 12, if the pupil consents (*Education Code* Section 51241[b]).
- 3) **Permanent:** A pupil is eligible for a permanent exemption if he or she complies with any one of the following; (i) is 16 or older and has been enrolled in the 10th grade one academic year or longer; (ii) is enrolled as a postgraduate pupil; or (iii) is enrolled in a juvenile home, ranch, camp or forestry camp (*Education Code* Section 51241[c][1][2][3]).

Beginning July 1, 2007, how does SB 78 affect the previous three exemptions?

The Temporary and Permanent exemptions (1 and 3 under the previous question) are not affected by the implementation of SB 78. **SB 78 only affects the two-year exemption** (*Education Code* Section 51241[d]). Effective July 1, 2007, the two-year exemption will be available to a student if the student "passes" the physical performance test administered in the 9th grade. (*Education*



Code Section 51241[b][1]). Thereafter, a pupil who “passes” the test in grades 10 to 12 may be granted a two-year exemption (*Education Code* Section 51241[e]).

Which students will be affected by implementation of Senate Bill 78?

SB 78 takes effect July 1, 2007. Therefore, for the purposes of determining two-year exemptions, the law will apply to students who begin their 9th grade year on or after July 1, 2007.

How should school districts define “passed” in order to determine if their high school students can qualify for the two-year exemption?

Pending further legislative change, if any, the determination of “passage” of the physical fitness test, for the purposes of *Education Code* Section 51241, is within the discretion of the local district.